

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 06120, Gravy, chicken, dry

Report Date: October 23, 2015 02:45 EDT

Nutrient values and weights are for edible portion.

Food Group : Soups, Sauces, and Gravies

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor: 4

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 tbsp 8g	1 serving 8g
Proximates						
Water	g	3.85	21	--	0.31	0.31
Energy	kcal	381	--	--	30	30
Energy	kJ	1594	--	--	128	128
Protein	g	11.27	27	--	0.90	0.90
Total lipid (fat)	g	9.73	19	--	0.78	0.78
Ash	g	13.06	19	--	1.04	1.04
Carbohydrate, by difference	g	62.09	--	--	4.97	4.97
Minerals						
Calcium, Ca	mg	146	9	--	12	12
Iron, Fe	mg	1.33	7	--	0.11	0.11
Magnesium, Mg	mg	40	--	--	3	3
Phosphorus, P	mg	249	--	--	20	20
Potassium, K	mg	404	--	--	32	32
Sodium, Na	mg	4152	20	--	332	332
Zinc, Zn	mg	1.39	3	0.000	0.11	0.11
Copper, Cu	mg	0.112	3	0.002	0.009	0.009
Manganese, Mn	mg	0.219	--	--	0.018	0.018
Selenium, Se	µg	5.2	--	--	0.4	0.4
Vitamins						
Vitamin C, total ascorbic acid	mg	0.6	7	--	0.0	0.0
Thiamin	mg	0.249	--	--	0.020	0.020
Riboflavin	mg	0.634	2	--	0.051	0.051
Niacin	mg	4.018	--	--	0.321	0.321

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 8g	1 serving 8g
Pantothenic acid	mg	1.286	--	--	0.103	0.103
Vitamin B-6	mg	0.202	--	--	0.016	0.016
Folate, total	µg	125	--	--	10	10
Folic acid	µg	16	--	--	1	1
Folate, food	µg	109	--	--	9	9
Folate, DFE	µg	136	--	--	11	11
Vitamin B-12	µg	0.48	--	--	0.04	0.04
Vitamin A, RAE	µg	38	--	--	3	3
Retinol	µg	27	--	--	2	2
Vitamin A, IU	IU	308	7	--	25	25
Lipids						
Fatty acids, total saturated	g	2.920	7	--	0.234	0.234
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.007	--	--	0.001	0.001
14:0	g	0.066	--	--	0.005	0.005
16:0	g	2.231	--	--	0.178	0.178
18:0	g	0.561	--	--	0.045	0.045
Fatty acids, total monounsaturated	g	4.648	--	--	0.372	0.372
16:1 undifferentiated	g	0.666	--	--	0.053	0.053
18:1 undifferentiated	g	0.400	--	--	0.032	0.032
20:1	g	0.051	--	--	0.004	0.004
22:1 undifferentiated	g	0.014	--	--	0.001	0.001
Fatty acids, total polyunsaturated	g	1.877	--	--	0.150	0.150
18:2 undifferentiated	g	0.094	--	--	0.008	0.008
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 8g	1 serving 8g
Cholesterol	mg	19	7	--	2	2
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0